

CBP OFFICER FITNESS STANDARDS

CBP Officer (CBPO)								
Pre-employment Fitness Test-1 Compensatory			Pre-employment Fitness Test-2 Multiple Hurdle			Fitness Graduation Standard Multiple Hurdle		
Test	Repetitions	Time Frame	Test	Repetitions	Time Frame	Test	Reps/Req.	Time Frame
Push-Ups	12	1 minute	220 Yard Run	---	50 seconds	220 Yard Run	---	45 seconds
Side Step	8 line touches/crosses	10 seconds 2 Trials	Sit-Ups	25	1 minute	Push-Ups	24	1 minute
Sit-Ups	20	1 minute	Push-Ups	17	1 minute	1.5 mile Run	---	15:00 minutes
Lift Lower	8	1 minute	1.5 Mile Run	---	17:15 minutes	Sit & Reach	12.5 inches 3 Trials	---
*12" Step Test	120 steps/min	5 minutes	---	---	---	---	---	---

* The PFT-1 Step Test will be replaced with the 1.5 Mile Run with the new contract award projected for July 2014.